Level 4 CrossFit Seattle

PRE-LEVEL 1

A	YELLOW Pre-Level 1 general fitness	B	YELLOW Pre-Level 1 general fitness	C	YELLOW Pre-Level 1 general fitness
hips	***squats:*** 10 air squats ***barbell back squat:*** 3 repetitions women 15Kgs, men 20Kgs ***deadlift:*** 8 × .25 bodyweight, rack pull OK	**hips**	***squats:*** 20 air squats ***barbell back squat:*** 5 repetitions women 15Kgs, men 20Kgs ***deadlift:*** 8 × .3 bodyweight, rack pull OK	**hips**	***squats:*** 30 air squats ***barbell back squat:*** 8 repetitions women 15Kgs, men 20Kgs ***deadlift:*** 8 × .4 bodyweight, rack pull OK
push	***push ups:*** 8 @ 45° ***push ups:*** 3 @ 30° ***military press:*** 8 x .1 bodyweight ***dip support:*** 2 × :05 holds within 0:20 ***pike box handstand:*** :15 hold	**push**	***push ups:*** 12 @ 45° ***push ups:*** 5 @ 30° ***push-ups:*** 3 ***military press:*** 12 × .1 bodyweight ***dip support:*** :10 hold ***pike wall handstand:*** :15 hold	**push**	 ***push-ups:*** 8 @ 30° ***push-ups:*** 5 ***military press:*** 8 × .25 bodyweight ***dip support hold:*** 2 × :15 within 0:45 ***pike wall handstand:*** 3 × :15 complete all 3 holds within 2:00
pull	***active bar hang:*** 2 × :05 holds within :15 ***ring row:*** 8 @ 60° ***bent over row:*** 5 × .1 bodyweight	**pull**	***active bar hang:*** 2 × 0:15 within 0:45 ***ring row:*** 12 @ 60° ***bent over row:*** 12 × .1 bodyweight	**pull**	***active bar hang:*** :30 hold ***ring row:*** 3 @ 30° ***ring row:*** 8 @ 45° ***bent over row:*** 8 × .25 bodyweight
core	***sit ups:*** 10 ***plank:*** :30 hold	**core**	***sit ups:*** 15 ***plank:*** :45 hold	**core**	***sit-ups:*** 20 ***plank:*** 1:00 hold
work	***kettlebell swings:*** 10 women 8Kg, men 12Kg ***500 meter row:*** women 2:40 men 2:15 ***½ mile run:*** 4:40	**work**	***kettlebell swings:*** 15 women 8Kg, men 12Kg ***1000 meter row:*** women 5:20 men 4:30 ***1 mile run:*** 9:20	**work**	***kettlebell swings:*** 20 women 8Kg, men 12Kg ***row:*** women 2500 m in 13:20 men 3000 m in 13:30 ***1.5 mile run:*** 14:00
speed		**speed**		**speed**	

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